Summary of Skills Check List – Cardiovascular Exam

1. □ Wash hands
2. □ Gown and drape appropriately
3. □ Inspect precordium
4. □ Palpation of RV and LV; Determination of PMI

Auscultation
5. □ Elevate head of table to ~ 30°
6. □ S1 and S2 in 4 valvular areas w/diaphragm
7. □ Try to identify physiologic splitting S2
8. □ Assess for murmurs
9. □ Assess for extra heart sounds (S3, S4) w/bell over LV

Carotid artery
10. □ Palpation
11. □ Auscultation

Internal Jugular Vein
12. □ Determine jugular venous pressure

Lower Extremities
13. □ General lower extremity observation

Assess femoral area (you don’t have to do this on fellow students)
14. □ Palpation for nodes (*Special Test)
15. □ Femoral pulse (*Special Test)
16. □ Auscultation femoral artery (*Special Test)

Assess knees (non-mechanical exam)
17. □ Color, swelling
18. □ Palpate popliteal artery pulse (*Special Test)

Assess ankles and feet for:
19. □ Color; Temperature; Capillary refill
20. □ Check for edema
21. □ Observe for any skin breakdown, ulcerations (including between toes, soles)

Pulses
22. □ Palpate dorsalis pedis artery
23. □ Palpate posterior tibial artery

24. □ Wash hands
*Special Test: Not done on routine exam – Reserved for specific clinical situations

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